

X3 SPORTS BRAZILIAN JIU JITSU

ETIQUETTE



- Bow to your professor as a sign of respect:
 - when entering the training area.
 - when exiting the training area.
- Address black-belt instructors as "Professor" or "Coach."
- Stand or sit in a good posture during class.
- No foul language permitted during class.
- If you are late for class, sit by the side of the training area and wait for permission from your professor.
- If you need to leave the training area, ask permission from your professor.
- Items not permitted inside the training area:
 - metal jewelry (such as rings, piercings, necklaces).
 - cellphones, shoes, food or drink.
- When outside the training area, always wear shoes or flip-flops.
- Never coach or call a higher belt to roll.
- Never ask your professor to roll.
- Remain silent when your professor is speaking.
- Keep hands and feet manicured for everyone's safety.
- When fixing your belt, turn your back to your professor.
- Keep your uniform clean at all times.
- All GIs require:
 - the X3 Sports lapel patch on the left side.
 - a minimum 10" round patch centered on the back.